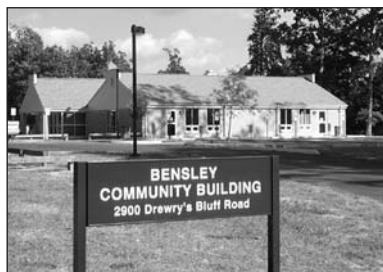


For more details on Bensley programs, call David Potter at 275-5321.



The Chesterfield County Parks and Recreation Department is excited to offer youths, adults and older adults a variety of programs at the Bensley Community Building. All classes, workshops, special events and craft programs are made possible by Chesterfield County and a Community Development Block Grant.

Available for rent

The Bensley Community Building in Bensley Park, 2900 Drewry's Bluff Road, is rented on a first-come, first-served basis. An hourly charge will be applied. The 5,000-plus-square-foot building contains an arts-and-crafts room and a multipurpose room. For more information about classes, special events and rentals, please call David Potter, 275-5321.

Fitness

Pilates ☎

Pilates is designed to build long, supple muscles, improve posture and increase grace. Pilates strengthens your powerhouse, or core, which consists of the abdomen, lower back and hips.

Tuesdays, May 2-June 6 11:20 a.m.-12:20 p.m.	\$15	Course 12168
Thursdays, May 4-June 8 12:30-1:30 p.m.	\$15	Course 12169
Tuesdays, June 13-July 18 11:20 a.m.-12:20 p.m. (Not held July 4)	\$12.50	Course 12170
Thursdays, June 15-July 20 12:30-1:30 p.m.	\$15	Course 12171
Tuesdays, July 25-Aug. 29 11:20 a.m.-12:20 p.m.	\$15	Course 12172
Thursdays, July 27-Aug. 31 12:30-1:30 p.m.	\$15	Course 12173

NEW! Pilates After Work

Join our new pilates class after work. Instructor will be Gwen Beall.

Tuesday and Thursdays, 6-7 p.m.		
May 2-June 8	\$30	Course 12397
June 13-July 20 (Not held July 4)	\$27.50	Course 12398
July 25-Aug. 31	\$30	Course 12399

Sit and Be Fit/PACE ☎

Join this long-running program with some new twists. Designed for older adults with limited mobility, this adaptive-movement program is less intense than Light-n-Lively Aerobics. Stretch, tone and socialize to upbeat music — all from the comfort of your chair. Elements of People with Arthritis Can Exercise or, PACE, are incorporated. Instructor will be Lois Hofstra.

Classes are held 10:15-11 a.m.	Fee	Course
Mondays, May 1-June 5 (Not held May 29)	\$7.50	12174
Wednesdays, May 3-June 7	\$9	12175
Mondays, June 12-July 17	\$9	12176
Wednesdays, June 14-July 19	\$9	12177
Mondays, July 24-Aug. 28	\$9	12178
Wednesdays, July 26-Aug. 30	\$9	12179

Yoga ☎

This course is appropriate for all fitness levels. It will incorporate easy physical postures, deep relaxation and breathing practices. It also will include meditation to help you to reduce stress and improve your strength and flexibility. Instructor will be Catherine DeSouza.

Mondays 11:40 a.m.-12:40 p.m.		
Mondays, June 12-July 17 (Not held July 3)	\$12.50	Course 12185
Mondays, July 24-Aug. 28	\$15	Course 12187

Aerobics Light-n-Lively I ☎

An aerobic workout that includes exercises and basic steps set to music, this class is designed for participants who have never taken an aerobics class, have not exercised on a regular basis or need to exercise at a slower pace. The class includes a low-impact cardiovascular workout with warm-up and cool-down exercises, followed by strength training and stretching. Instructor will be Lois Hofstra.

Classes are held 9-10 a.m.	Fee	Course
Tuesdays, May 2-June 6	\$12	12139
Thursdays, May 4-June 8	\$12	12140
Tuesdays, June 13-July 18 (Not held July 4)	\$10	12141
Thursdays, June 15-July 20	\$12	12142
Tuesdays, July 25-Aug. 29	\$12	12143
Thursdays, July 27-Aug. 31	\$12	12144

Aerobics Light-n-Lively II ☎

This class is designed to increase your heart rate and keep it raised throughout your workout. It includes a warm-up exercise, a 30-minute cardiovascular workout and cool-down segment, and 30 minutes of strength training and stretching. Instructor will be Lois Hofstra.

Classes are held 9-10 a.m.	Fee	Course
Mondays, May 1-June 5 (Not held May 29)	\$10	12145
Wednesdays, May 3-June 7	\$12	12146
Fridays, May 5-June 9	\$12	12147
Mondays, June 12-July 17	\$12	12148
Wednesdays, June 14-July 19	\$12	12149
Fridays, June 16-July 21	\$12	12150
Mondays, July 24-Aug. 28	\$12	12151
Wednesdays, July 26-Aug. 30	\$12	12152
Fridays, July 28-Sept. 1	\$12	12153

Body Toning ☎

This class combines hand weights and body resistance to tone and strengthen muscles. A relaxing total-body stretch will complete each class. Stronger muscles help burn more calories, reduce the risk of osteoporosis and improve the quality of daily activities. Well-toned muscles will help you look and feel great. This class is for people of all fitness levels and is taught by Kelly Pagel.

Classes are held 10:15-11:15 a.m.	Fee	Course
Tuesdays, May 2-June 6	\$15	12154
Thursdays, May 4-June 8	\$15	12155
Tuesdays, June 13-July 18 (Not held July 4)	\$12.50	12156
Thursdays, June 15-July 20	\$15	12157
Tuesdays, July 25-Aug. 29	\$15	12158
Thursdays, July 27-Aug. 31	\$15	12159

6 Community Buildings – Bensley

For more details on Bensley programs, call David Potter at 275-5321.

Youth and Teens

Karate for Kids ☎

Learn self-defense, physical fitness, coordination, balance and discipline in this ongoing program for youths. Students will earn different belts as they progress in the program. Student of the Month awards also will be given. For youths aged 7 and older Instructor will be Walter Thompson Jr.

Tuesdays and Thursdays, 6-7 p.m.

May 2-June 8 \$25 Course 12128

June 13-July 20 (Not held July 4) \$25 Course 12129

July 25-Aug. 31 \$25 Course 12130

Hang Time ☎

This is a free program for youths aged 8-14. The Hang Time program provides your child with an opportunity to participate in sporting activities, arts and crafts, and field trips, all in a safe, structured environment. Bring your friends, or meet new ones, in the Hang Time program at the Bensley Community Building. This program is continuous, so you may join at any time.

Mondays-Thursdays, 3-5:30 p.m.

May 1-Aug. 31 Free Course 12131

Kreative Kids ☎

Help your child explore his or her creative talents. Parents will participate with their 2- to 6-year-olds in games and crafts as they learn cooperative play, develop motor skills and make new friends. Each day will include structured group play and a craft project. Special holiday parties are included as well.

Tuesdays, 10-11 a.m.

May 2-June 20 \$8 Course 12132

July 11-Aug. 29 \$8 Course 12133



Let's Play Cards and Games Dominoes

Join the "train," as we play a great game of dominoes with friends. Everyone is welcome to participate.

Tuesdays, May 2-Aug. 29, 1-4 p.m.

Free Course 12135

Details: Richard Puffenbarger, 526-4923

Canasta

Join this group as we play canasta for fun. This program is free for everyone to enjoy. People of all skill levels are encouraged to participate. Program is ongoing.

Tuesdays, May 2-Aug. 29, 1-4 p.m.

Free Course 12136

Details: Peggy Oliver, 739-2688

Pinochle Club

Meet new friends while playing pinochle. Bring your lunch and spend time with us. Beginners can join at any time to learn this game. Program is ongoing.

Wednesdays, May 3-Aug. 30, 10 a.m.-4 p.m.

Free Course 12137

Details: Hazel Harper, 275-0339

Bridge Card Group

This program is for players who have intermediate skills. Players who cancel must find a replacement. Players rotate tables and must pre-register one week prior to playing.

Thursdays, May 4-Aug. 31, 9 a.m.-1 p.m.

Free Course 12138

Details: Joyce Wenberg, 275-5842

Blood Pressure Check

Follow Light-n-Lively Aerobics with a free blood-pressure check. A nurse from the Colonial Heights Convalescent Center will be on-site the first Wednesday of each month at 10 a.m. Everyone is welcome. No registration is required.

Free

Directions to the Bensley Community Building:

FROM CHIPPENHAM PARKWAY, go south on Jefferson Davis Highway (Route 1/301) about 0.7 miles, and take a right onto Swineford Road*. Go 0.3 miles, and bear left at the fork on Drewry's Bluff Road. Bensley Park is on the left. Keep going past the first parking lot. The entrance to the Bensley Community Building is around the curve on the left.

FROM ROUTE 288, go north on Jefferson Davis Highway (Route 1/301) past the Defense Supply Center Richmond, which will be on the left. Exactly one mile past DSCR, take a left onto Swineford Road*. Go 0.3 miles, and bear left at the fork on Drewry's Bluff Road. Bensley Park is on the left. Keep going past the first parking lot. The entrance to the Bensley Community Building is around the curve on the left.

*Look for the Bensley Community Building sign.

For more details on Bensley programs, call David Potter at 275-5321.

Luuu Potluck

Let's get ready for summer by having a beach-themed luau. We will have some delightful food and provide musical entertainment. Bring a favorite dish to share.

Monday, May 15, noon-2 p.m. Free Course 12195

Celebrating American Traditions Potluck

Join us for a cookout as we celebrate America's freedom and traditions. There will be a guest speaker and musical entertainment. Bring a favorite dish to share.

Monday, July 3, noon-2 p.m. Free Course 12190

Family Fun Day

This event will showcase a moonwalk, carnival games, arts and crafts, local community organizations and much more. Everyone is invited to attend this day of prizes and family fun.

Saturday, June 24
11 a.m.-2 p.m. Free
Course 12189



Intermediate Belly Dancing

Building on the basics of Middle-Eastern dance, this course will include an introduction to veil dancing, figure eights, shimmies and hip articulation. Veil and finger-cymbal purchases will be available. Prerequisite is six months of belly dancing classes. Wear comfortable clothes. Instructor will be Donna Vronek.

For ages 14 and older

Classes are held Wednesdays, 6:30-7:30 p.m.
June 7-Aug. 9 (Not held June 21 and July 19) \$25 Course 12191

Introduction to Belly Dancing

Middle-Eastern dance, known to Americans as belly-dancing, is an increasingly popular form of recreation. Its gentle, low-impact exercise features movement of the torso and arms as well as traveling steps. Wear comfortable clothing. Instructor will be Donna Vronek. For ages 14 and older

Classes are held Wednesdays, 7:40-8:40 p.m.
June 7-Aug. 9 (Not held June 21 and July 19) \$25 Course 12165

Country Western Line Dance

This class is designed to teach you the basic steps and will progress from a beginner to an intermediate level. Even if you have never danced before, you can learn line dancing, and it does not require a partner. Come learn a few circle dances, contra line dances and current line dances. Instructor will be Pam Boyer.

Classes are held Mondays, 7-9 p.m.

May 15-July 3 (Not held May 29 and June 12) \$20 Course 12163
July 17-Aug. 28 (Not held Aug. 14) \$20 Course 12164

Creative Crafts

Instructor Bobbie Whitlock provides all the materials for these fun crafts.

Welcome Birdies Birdhouse

Kitty cats are painted on a birdhouse to welcome the birds.
Friday, May 12, 9 a.m.-1 p.m. \$12.50 Course 12227

God Bless America Plaque

Have a new patriotic decoration ready when the Fourth of July arrives.

Friday, June 9, 9 a.m.-1 p.m. \$12.50 Course 12228

Wooden Spoons

We will paint scenes on two wooden spoons.

Friday, July 14, 9 a.m.-1 p.m. \$12.50 Course 12229

Wise Men Silhouette

It's time to get started on your Christmas painting.

Friday, Aug. 11, 9 a.m.-1 p.m. \$12.50 Course 12231

Basic Spanish

All classes will be held Mondays and Wednesdays from 6:30-8 p.m. at the Bensley Community Building, 2900 Drewry's Bluff Road. Register at least one week prior to class. Instructor will be Marianela Macedo.

Level One

This class is for beginners. You will learn verbs, colors, days of the week and numbers.

May 22-31 \$20 Course 12211

Level Two

Do you want to improve your Spanish skills? Register now for this class and learn how to form short sentences, develop conversations and more.

June 12-21 \$20 Course 12212

Level Three

Are you ready to learn more Spanish? This class is for those individuals that have taken level-one and level-two classes.

July 17-26 \$20 Course 12213

Visit us on the Web at chesterfield.gov.

8 Community Buildings – Ettrick

For more details on Ettrick programs, call Tonya Branch at 526-5596.

Mayes-Colbert Ettrick Community Building

The Chesterfield County Parks and Recreation Department offers youths, adults and senior adults a variety of activities at the Mayes-Colbert Ettrick Community Building. All classes, workshops, special events and craft activities are made possible through the cooperative effort of Chesterfield County and



a Community Development Block Grant. County residency or membership is not required to participate in the programs. For more details, call Tonya Branch, center director, at 526-5596.

Available for rent

The Mayes-Colbert Ettrick Community Building in Ettrick Park, 20400 Laurel Road, is rented on a first-come, first-served basis. An hourly charge will be applied. The 5,000-plus-square-foot building contains a kitchen, arts-and-crafts room, conference room and a multipurpose room. For more information and rentals, call Tonya Branch at 526-5596.

Fitness and Wellness

VideoCise

Do you get bored trying to exercise at home alone and with no exercise equipment? Exercising in a group setting is fun, and social interaction will give you that extra motivational push to keep going. In addition to exercise videos, we will provide mats, hand-held weights, exercise bands and weighted exercise bars. So mark it on your calendar, and bring a friend. For ages 18 and older Mondays and Wednesdays, 5:45-6:45 p.m.

May 8-June 14	Free	Course 12202
June 19-July 26	Free	Course 12203
July 31-Aug. 30	Free	Course 12204

Female Self-Defense and Safety Awareness

Don't be a victim. Learn to protect yourself in dangerous situations. This class will review self-defense techniques, crime prevention and awareness, and empowerment. Advanced registration is required. For ages 18 and older

Thursday, May 25, 7-9 p.m. \$5 Course 12208

Blood Pressure Checks

Stay in touch with your blood pressure monthly. Please call before attending. This is an ongoing program.

Third Tuesday of each month, 10-10:30 a.m. Free

Older Adults

Big Slammers Bridge Club

Join this weekly group for an exciting game of duplicate bridge. Beginners are welcome for this ongoing program.

Second and fourth Mondays, 12:30-5 p.m. Free
Details: Dr. Jimmie Battle, 526-7761

Friendship Café

Senior Connections, The Capital Area Agency on Aging's Friendship Café is a gathering place for seniors who are aged 60 and older. A hot midday meal, good friends and diverse activities, including exercise, games, crafts and health education, all help seniors remain connected to the community while meeting their nutritional needs. Prospective participants must complete an application and assessment to determine eligibility for the Friendship Café.

Tuesdays-Thursdays, 9:30 a.m.-1 p.m.
Details: Charlene Cole, 343-3029

Directions to the Ettrick Community Building:

FROM RICHMOND, take I-95 south to exit 54 (Temple Avenue). Turn left at stoplight onto Temple Avenue. At second stoplight, turn left onto Route 1/301 (the Boulevard). Turn right (approximately four stoplights) onto Dupuy Avenue. Follow Dupuy Avenue to Dupuy Road, which will be on the right. (Dupuy Road veers to the right at the Liberty gas station.) Take Dupuy Road to Laurel Road. Turn left onto Laurel Road. The Ettrick Park entrance is on your right. Park is located across from the Amtrak Railroad Station.

FROM CHESTER, take Iron Bridge Road west to Lewis Road (Shoosmith), and turn left onto Lewis Road. At the stop sign, take a right onto Bradley Bridge Road, and follow to stop sign. Take a left onto Woodpecker Road and continue until you get to a stop sign. Turn left, staying on Woodpecker Road, and follow around a sharp curve. Just ahead, Woodpecker Road will veer off to the right. Stay on Woodpecker Road until you see Dupuy Road on the left. Take a left onto Dupuy Road, then take a right onto Laurel Road. The Ettrick Park entrance is on the right, across from the Amtrak Railroad Station.

Senior Sittercise ☎

Seated exercise reduces the risk of falling while still ensuring a good workout. This class includes seated, low-impact aerobic arm and leg movements and resistance strength training using balls, bands and light weights. Activities will be performed to music and exercise videos. For ages 50 and older

Tuesdays and Thursdays, 10:30-11:30 a.m. Free

For more details on Ettrick programs, call Tonya Branch at 526-5596.

Youth And Teen Programs

Creative Play 📞

Calling all “mini-Monets” aged 2-6. Meet us at the Ettrick Community Center as we explore your creative side through games and crafts. Learn cooperative play, develop motor skills and make new friends. Each day will include structured group play along with a craft project. Special holiday parties are included to display your child’s work. First and third Wednesdays of each month

May 3-August 16, 10:30-11:30 a.m. Free Course 12119

Kickin’ Karate for Kids 📞

This ongoing program for youths aged 7 and older is appropriate for all belt levels, including beginners. Carrie Irving, certified master instructor, will teach self-defense, safety awareness, self-discipline, respect and how to avoid dangerous situations. Students may earn achievement awards, such as ribbons, certificates, medals and Student of the Month. Uniforms may be purchased for an additional fee.

Mondays and Wednesdays, 7-8 p.m.

May 8-June 14	\$25	Course 12196
June 26-Aug. 2	\$25	Course 12197
Aug. 7-30	\$25	Course 12198

Tough Tots – Little Dragons Karate Club 📞

Get ready for some kickin’ karate, kids style! This program is designed to enhance self-confidence, self-esteem and physical fitness in kids aged 4-6. Carrie Irving, certified master instructor, will teach tots respect, discipline and stranger danger.

Tuesdays, 6-7 p.m.

May 9-June 13	\$20	Course 12199
June 27-Aug. 1	\$20	Course 12200
Aug. 8-29	\$20	Course 12201

Special Open House and Registration Night

Summer fun is just around the corner. Parents and participants can come out to the building to sign up for the Youth and Teen Center. Staff will be available to pass out information packets, answer questions and assist with registrations. All registered participants will receive identification badges. Light refreshments will be served. Registrations will be accepted after this date.

Thursday, June 22, 5-6:30 p.m.

“TGI Summer” Ettrick Youth and Teen Center

Socialize, share a laugh and make a new friend. Learn to be part of a team and develop leadership skills. The Ettrick Youth and Teen Center is a place where youngsters aged 9-15 can explore their interests and build new ones. Activities will include billiards, foosball, movies, ice-cream socials, field trips and much more.

Mondays-Thursdays, June 26-Aug. 3, 1-5 p.m.

Free (nominal fee for trips) Course 12193

Back-to-School Bingo

Are you ready to go back to school? Join us for an exciting afternoon of bingo and ice cream. Prizes will include cool school supplies to help you prepare for the upcoming school year. Come relax, play bingo for prizes and eat ice cream. For ages 6-12

Wednesday, Aug. 30, 5:30-6:30 p.m. Free Course 12216

Kid’s Krafts

This is a time for creative juices to flow. We will provide craft kits for your child to put together. Parents must stay with their children.

Saturdays, 10-11 a.m.

May 20	\$5	Course 12209
Aug. 19	\$5	Course 12210

Mom, Grandma, Auntie and Me

Come on out for a late-afternoon lunch of finger sandwiches, tea, coffee and punch. This is a great time to socialize with other ladies of all ages, from the young to the young at heart. Have your youngster wear their “Sunday best” for a fashion show. Please bring a written description of your child’s outfit. For ages 3-8 and adults

Saturday, July 22, 1:30-2:30 p.m.	Free	Course 12206
Sunday, Aug. 20, 1:30-2:30 p.m.	Free	Course 12207

Movie Matinee

How would you like to see the most recent movies on the market without paying movie-theater prices? Join us at the movies. Bring your friends for a great movie-watching experience. Light refreshments will be served. For ages 10-15

Movie: To Be Decided

Wednesdays, 4:30-6:30 p.m.

Aug. 9	\$2	Course 12214
Aug. 23	\$2	Course 12215

Chill Time

Our game room is open to youths aged 9-15 to enjoy tabletop, board and video games, arts and crafts, and other activities. A teen-center staff member will be available to interact with and supervise youths while they are in the building. For weekly information and more details, please call or stop by. Parents and guardians must complete a registration form for each participant. The program is held throughout the school year.

Mondays-Thursdays, 3-5:30 p.m., May 8-June 15 Free

Tutor-to-Student Match

Are you interested in tutoring, but you can’t find a student? Or perhaps you are the parent of a student who needs a tutor, but you don’t know where to look. Let us help you. Call us and provide information about your child or yourself as a potential tutor. We will compile a resource list to connect tutors with students in the community. We may even be able to provide you with study space.

Details: 526-5596

For more details on Ettrick programs, call Tonya Branch at 526-5596.

Arts and Crafts

Beginners Cross Stitch

Do you want to learn how to cross stitch or work on various projects in a group setting? Come join us for a fun, new experience. All materials will be provided.

Wednesdays, 2-3 p.m. May 3-June 7 \$15 Course 12120

Crafty Crafters

It is OK to make a mess in this class. Activities will include a variety of craft kits, painting, collages, sand art and more.

Mondays, 10:30-11:30 a.m.

April 24-June 5 \$12 Course 12122

June 12-July 17 \$12 Course 12123

July 24-Aug. 28 \$12 Course 12124

Ceramic Candle Shade

Decorate a beautiful candle shade.

Friday, Aug. 25, 9 a.m.-1 p.m. \$12.50 Course 12226

Toilet Tissue Cover

Spruce up your bathroom with this summer bouquet.

Friday, June 16, 9 a.m.-1 p.m. \$12.50 Course 12225

Annual Neighborhood Bash

Food, fun and friends! Come celebrate summer at Ettrick Park. There will be music, games, giveaways and a lot more. All ages are welcome.

Saturday, June 17, noon-3 p.m. Free Course 12194

Morning Billiards

Are you a pool shark? Our game room is open weekly for laughs and friendly competition. For ages 25 and older

Monday-Thursday, May 1-Aug. 31, 9 a.m.-noon Free Course 12205

Beginner Piano

This six-week introductory class will teach students how to identify musical concepts through theory and practice. Using the primer and level-one piano student repertoire book, students will learn note values, time signature, key signature and major scales. One-on-one 30-minute sessions will be held for ages 8 and older. Piano books will be provided. Classes will be taught by Cassandra Farrar, music director at Matoaca Middle School's East Campus. Special registration information will be required.

Mondays, May 8-June 19, 5-7:30 p.m. \$70 Course 12325

Saturday, May 13-June 24, 9-11:30 a.m. \$70 Course 12326

Community Clubs

Retirees Club

Are you retired and looking for something to do? Get together with others that are enjoying well-deserved "time off." You can form a new club. Socialize, play games or meet for lunch. The community building could be your meeting place. The time and day of each meeting will be determined by the group.

Expressive Lyricists

Expressing yourself can be so much fun and a stress reliever.

If you like to write poetry and would like to share it with others, this is the group for you. Regardless of your age, race or gender, come together and share. We provide the space; you provide the thoughts. The time and day of each meeting will be determined by the group.

Single Parents Club

Are you a single parent who would like to share your experiences with other single parents? Begin your new friendships at the Ettrick Community Building. We will provide the space, and the group will decide the day and time. A meet-and-greet social will be held on Thursday, June 1, 6 p.m., to get the group started. Please feel free to bring your children. Register by Thursday, May 25.

Special Interest

Expressive Movement

This is open time for persons with disabilities and their care providers to use our resources and equipment for activities. Recreation may include activities such as shuffleboard, bowling, parachute games, exercising and stretching, board games and socializing. Please call one week in advance to register.

Mondays, 9:30-10:30 a.m.

Free

Creative Bits and Pieces

Get crafty during this specially designed art program for people with disabilities. This program will include painting and crafts designed to increase creativity. Space is limited. Please call one week in advance to register.

Second Wednesday of each month, 11 a.m.-noon

Free

Visit us on the Web at chesterfield.gov.